3. The modular support apparatus of claim 2, wherein each support frame includes a front leg and a rear leg attached from and positioned internally between said inner and outer bracing means.

4. The modular support apparatus of claim 3, each support frame having front and rear engagement means, wherein said front engagement means of each support frame is positioned in front of the front leg, and wherein said rear engagement means of each support frame is positioned behind the rear leg.

5. The modular support apparatus of claim 4 comprising front and rear linking members, the front linking member being insertable into the front engagement means of each support frame in a rearward direction, and the rear linking member be insertable into the rear engagement means of each support frame in a forward direction.

6. The modular support apparatus of claim 5 further comprising at least one planar support element positioned upon top of said front and rear linking members, wherein an upper surface of said planar support element is coplanar with at least part of an upper surface of each support frame.

7. The modular support apparatus of claim 5, wherein each bracing means comprises upper and lower rails, whereby the linking member is positioned between said upper and lower rails of each bracing means.

8. The modular support apparatus of claim 5, wherein the front and rear legs protrude from said upper region of each support frame downwardly and outwardly away from each other, wherein the spacing between said front and rear legs of the first support frame is greater than the spacing between said front and rear legs of the second support frame, whereby the legs of the first support frame are insertable between the bracing means of the second support frame to form a nested unit.

9. The modular support apparatus of claim 1 further comprising at least one planar support element positioned upon top of said linking member, wherein an upper surface of said planar support element is coplanar with at least part of an upper surface of each support frame.

10. The modular support apparatus of claim 1, wherein the support apparatus is on solid ground, wherein the lower region of each support frame has a base for contacting the ground, wherein the distance between said base of the first support frame and said base of the second support frame is greater than the distance between the engagement means of the first support frame and the engagement means of the second support frame, whereby the application of a downward force to the support apparatus causes at least one of said engagement means to apply a gripping couple to the linking member, whereby said gripping couple restricts the motion of the linking member with respect to said at least one engagement means.

11. In a sawhorse structure, the improvement comprising first and second support frames and a linking member, wherein the first support frame has a first engagement means and the second support frame has a second engagement means, wherein the linking member is attached from said first engagement means and is adjustably attached from said second engagement means, whereby the distance between the support frames may be altered without tools.

12. The improved sawhorse structure of claim 11, wherein the linking member is adjustably attached from said first engagement means.

13. The improved sawhorse structure of claim 12, wherein each of said first and second engagement means comprises inner and outer bracing means, the inner bracing means having an aperture aligned with an aperture of the outer bracing means, whereby the linking member is engaged by both bracing means of each said engagement means simultaneously and in said apertures thereof.

14. The improved sawhorse structure of claim 13, said bracing means of each support frame providing front and rear engagement means, wherein the improved sawhorse structure comprises front and rear linking members, wherein the front linking member may be inserted into the front engagement means of each support frame, and wherein the rear linking member may be inserted into the rear engagement means of each support frame.

15. The improved sawhorse structure of claim 14, wherein each support frame includes a front leg and a rear leg attached from and positioned internally between said inner and outer bracing means, wherein the front and rear legs protrude downwardly and outwardly away from each other, and wherein the spacing between the legs of the first support frame is greater than the spacing between the legs of the second support frame, whereby the legs of the first support frame may be inserted between the bracing means of the second support frame to form a nested unit.

16. The improved sawhorse structure of claim 14 further comprising at least one planar support element positioned upon top of said front and rear linking members, wherein an upper surface of said planar support member is coplanar with at least part of an upper surface of each support frame.

17. The improved sawhorse structure of claim 11 further comprising at least one planar support element positioned upon top of said linking member, wherein an upper surface of said planar support member is coplanar with at least part of an upper surface of each support frame.

18. The improved sawhorse structure of claim 11, wherein the sawhorse structure is on solid ground, wherein the lower region of each support frame has a base for contacting the ground, wherein the distance between said base of the first support frame and said base of the second support frame is greater than the distance between the first engagement means and the second engagement means, whereby the application of a downward force to the sawhorse structure causes at least one of said engagement means to apply a gripping couple to the linking member, whereby said gripping couple restricts the motion of the linking member with respect to said at least one engagement means.

19. A support frame comprising:

    1. front and rear legs, each leg having an upper region and a lower region;
    2. a first pair of parallel upper and lower rails attached to the front and rear legs proximate the upper regions thereof; and
    3. a second pair of parallel upper and lower rails attached to the first and second legs proximate the upper regions thereof;

wherein the front and rear legs are positioned internally between said first and second pairs of rails.

20. The support frame of claim 19, wherein the spacing between the lower regions of the front and rear legs is greater than the spacing between the upper regions of the front and rear legs, whereby the support frame has front and rear engagement means wherein said front engagement means is positioned in front of the front leg and said rear engagement means is positioned behind the rear leg, and whereby the lower regions of the legs are spaced to provide sufficient fore and aft stability to the support frame.